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Keeping Your Youth

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How to Save Your Date a Dollar . . .

By Laura Christensen



These Will Make It Easy



He'll Like Sandwiches

THE way to a man's heart is through his stomach or his pocketbook, it is often said. It's easy enough to follow the pocketbook way, but some culinary ability is needed for the way through the stomach.

Did you know that you can combine these two ways of ensnaring? Sunday night suppers provide excellent opportunities for saving a man's pocketbook and practicing the culinary arts. Many girls prepare their own Sunday night suppers in the kitchenettes of their houses and dormitories. Some occasionally invite their "dates" over for this meal.

There are just lots of things that are easy to prepare in kitchenettes and nice to serve on Sunday nights. Toasted sandwiches are weak points with most fellows. Neither peanut butter nor cheese is very expensive, and everybody knows what good toasted sandwiches they make. Served with either hot chocolate or tea, they make a simple but adequate supper. Creamed salmon or dried beef on toast is another old standby.

If you can get a waffle iron somewhere, by all means take advantage of that opportunity once in a while. There is nothing better on chilly nights than golden brown, crisp waffles served piping hot.

Other hot dishes which are easily prepared are such canned products as soups, chili or spaghetti. These, heated on a small grill, make tasty, nourishing dishes.

If you serve hot chocolate, it is tastier if a marshmallow is added to every cup. You can use up the rest of the marsh-

mallows by toasting them on long forks for dessert.

If you are one of those fortunate individuals who have more money than time, you can raid the nearest delicatessen and set forth a delicious lunch of ham, cheese, rye bread, baked beans, and cookies and fruit. Of course this doesn't display your own resourceful talents to the boy friend, but if you don't tell him he'll never know the difference.

And if you can't afford such an elaborate conglomeration, just plain rolls and coffee, or doughnuts and coffee will do almost as well. Lots of plain, simple people will crunch enjoyably on cookies and milk. Write home to mother and she'll be glad to send you a small jar of marmalade or jam that will be just the thing to put this lunch across.

Sunday nights aren't the only times that you can work in these little affairs. Even on ordinary weekend nights it is a good idea once in a while to make yourself a financial asset rather than a liability and, instead of going to a movie or dance, invite in a few couples to a fudge party or taffy pull.

Fudge tastes the best, but taffy is lots of fun to pull. There's just something about the sticky mess it gets you in that breaks all ice and promotes a general air of hilarity; so you might make some of each—the fudge to eat and the taffy to pull.

If you do go out, and the boy friend suggests something to eat on the way home, surprise him by getting a pint of ice-cream at the nearest drug store. When you get home, shake it into a

delicious, thick, "yummy" drink by adding a half cup of milk and a teaspoonful of malted milk.

We don't want to get this confused with an "advice to the lovelorn" column, but here's a suggestion that may pave the road to popularity. If the word gets spread around that a date with you means a free meal instead of a dollar gone, mark my words, you'll be a busy girl!

Keeping Your Youth

By Betty Melcher

HOW'S your diet?

Does it include the 37 different things that are necessary to your healthy well-being? The absence of any one of these causes diseases, so if your diet is lacking, you are susceptible to one or more of these deficiency diseases.

If you don't want to be in the physical class of people who are anemic, and show the characteristic signs of rickets, stay away from the rather general muscle meat, bread and sugar diet. It is hazardous! People on this diet are prematurely old, their skin does not fit well, and they become more and more rachitic as they get older. Such are the signs of rickets in the adult. Bent legs and spines occur only in the growing young. Absence of bent bones in the adult is not proof that he is not suffering from rickets.

So, girls, if you want to keep that priceless gift of youth, drink three glasses of milk a day, spread your bread thick with golden, healthy butter, absorb as much sunlight as you can, and you'll keep your youth without having to go through the ricket cure of cod-liver oil.

Our general diets need more calcium and phosphorus. If we could eat unrefined cereals like our grandparents did, we wouldn't have to worry about this deficiency. As it is, however, refined cereals are rather depleted of these minerals. The worst deficiency is in refined flour, sugar and syrups. Unfortunately, these are the largest compounds of a cheap diet.

Do you constantly feel nervous and "jittery"? Then your diet may be lacking in magnesium. Include a wide variety of plant and animal foods and your magnesium requirement will be taken care of.

And, of course, if you want to be big and strong you will have to eat a pork chop or a nice, juicy steak with a good variety of vegetables and fruit to garnish it if you expect to get all your vitamins!

Save taffeta ribbon by rinsing it in a solution of two teaspoons of sugar to a pint of water after squeezing through mild soap suds. Press it dry between two cloths.